



AYURVEDA HEALTH COUNCIL KERALA



Ms. Prithi Menon

President State Ayurveda Health Council - Kerala

Menon Prithi Raghavan is the Director of Rasayana Ayurveda Centre, Kochi, Kerala. She is an expert in Human Resources Management. She has submitted her Ph.D thesis in Human Resources. She has very good exposure in logistics .She is also a well-known academician and headed the department of management in a reputed organisation. Her experience spans over 18 years .She has numerous research papers and articles on diverse human resource, socio –economic and cultural topics to her credit. Has touched upon topics like the power of social networks on literacy India campaign, self –help groups for ladies (kudumbasri) of Kerala, employee job satisfaction, employee engagement, women empowerment, equality , cultural acceptance and on gamification in reputed journals and magazines.

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Dr. Aiswarya Padmanabhan
Vice-president State Ayurveda Health Council

Dr. Aiswarya Padmanabhan, MD (Ayu) is Ayurveda Consulting Physician, and has over 08 years of experience in the field of clinical Ayurveda. Holds Bachelor's degree from Dr. MGR University, Chennai and Master Degree in Ayurveda Medicine from Rajiv Gandhi University of Health sciences, Karnataka, and Specialized in Kayachikitsa (General medicine). Finished Post Graduate Degree in Counselling and Psychology. Certified Yoga trainer under SRC yoga training, by Govt of Kerala. Pursuing M.Sc. Applied Psychology. Working Experiences: Asst.Physician at Keraleeya Ayurveda Samajam Hospital, Shoranur. Senior Consulting physician at Naivedya Ayurveda Hospital and Research centre at Cochin. Presently working as consulting physician at Nasmaste Ayurveda Hospital, Athani and Mas Ayurveda Clinic Koonamavu. Presently handling Psychological counselling sessions. Dr.Aiswarya is the Secretary of Ernakulam Area Committee of Ayurveda Medical Association of India.

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Dr. Hridhya .R.S

Certified Ayurveda Medical Practitioner specialised in Prasooti Tantra & Sthree Roga (Ayurveda Gynaecology) who have an immaculate clinical as well as teaching experience of 12 years in India and abroad .

After her specialisation she worked in a reputed Ayurveda medical college as Assistant professor .

Dr. Hridhya extends her expertise in Garbha Samskara, Ayurvedic Eugenics , Infertility, PCOD and many more branches in the Women's Health & Cosmetology . The number of successful cases in Women's Health as well as in other general conditions ; made her one among those front runners in Ayurveda Gynaecologists of the State . Dr. Hridhya is a registered faculty of Ayurveda Medical Association for its Vanitha Clinic projects.

Currently she is heading the Dept. of Women's Health and cosmetology at AVA Cholayil Sanjeevanam Ayurveda Hospital.

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Dr.Anjana Madhu

After completing degree, Dr.Anjana started practicing with her mom Dr.M.S.Geetha at Muvattupuzha and managed another clinic at Muvattupuzha for 2 years and later moved to Trivandrum and settled there. Practiced with eminent drs in Trivandrum, worked as consulting physician at Maruthua Ayurvedic hospital and Thanusukham Ayurveda clinic. In 2016 joined as Chief physician at Vibrance Ayurvedic Spa in Trivandrum.

From 2012 onwards an active member of Ayurveda Medical Association Of India. Dr.Anjana started Practising Ayurvedic Cosmetology from 2015 and did Fellowship in Medical Cosmetology in 2019 from Germany. From 2019 onwards practicing a combined form of Aesthetics & Ayurveda for Skin & Hair. She took Cosmetology training classes for Drs under AMAI and for Various institutions. Currently practicing in Vaidyaratnam clinic Muvattupuzha as a consulting physician and cosmetologist and managing her own production unit of Customised Cosmetic products.Currently AMAI City area North Secretary.

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Dr. Reeja Manoj

Dr. Reeja Manoj, a renowned Ayurveda practitioner of Kozhikode is an Ayurveda gynaecology specialist .Her expertise is in overall women health management and healthy lifestyle. The expert clinician with a rich and varied treatment experience of more than 2 decades is an alumnus of Kannur Government Ayurveda College.

An excellent organizer Dr. Reeja Manoj is one of the pioneers of revival of Ayurveda Women Health specialty practice in Kerala as a core team member of the prestigious Vanita Clinic project of Ayurveda Medical Association of India. Her expertise in the Ayurveda medicine manufacturing sector as the production controller of Arya Vaidya Vilasini Vaidya Sala helped her in preparing her own special formulae required for her clinical practice in women health. Pre-pregnancy care, pregnancy care and post natal care are her fields of interest and proficiency in women health management. A disciplined health and fitness freak herself, Dr. Reeja has successfully experimented the combinations of Ayurveda principles with Yoga, cosmetology, counselling and many such other related skills to improve women health, beauty and personality.

Dr. Reeja Manoj is a socially committed person and constantly involves in social work by conducting health awareness classes and medical camps for the needy public. She regularly gives health talks on radio and has done a few health shows on television as well. An avid reader and a very good writer in Malayalam she is the trainer of trainers in popular public health projects and initiatives of AMAI as Nallarivu Koottam-School Health Project with special focus on and Sexual Education, Koode-mental health support for Covid19 patients' family, Hall Ticket-Counselling Support to Class 10 students and parents and Samarambham-business possibilities, expansion and diversifying opportunities for Ayurveda doctors. Dr. Reeja Manoj is the Convenor of Kozhikode Zone Vanitha Committee of Ayurveda Medical Association of India

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Dr. Valsaladevi K

Dr. Valsaladevi K hailing from a family of medicinal plant cultivators is a practising Ayurveda doctor since 1994. With special clinical interests and achievements in child health, infertility, clinical and Ayurveda diet, She is proficient in management and quality assurance. An alumna of the famed Government College of Ayurveda Medicine she started her Ayurveda career at the prestigious Vaidyamadhom Vaidya Sala branch. She later associated with the leading Ayurveda institutions of Kerala of which the decade and a half stint with Arya Vaidya Pharmacy at the Taj Gateway Ayurveda centre for international patients is noteworthy. Her interests include Ayurveda content management in the form of websites, blogs, research content editing and others. She also conducts online and offline Ayurveda cookery, Yoga and meditation sessions. She is a state executive member and Publications Coordinator of Ayurveda Medical Association of India.

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Dr. Lathika P. K

- Medical Director Sarathy Ayurvedic Hospital Elanjichuvadu Elookkara Aluva
- Chief Consultant Sarathy Ayurvedic Clinic Palace Road Aluva
- Authorised Medical Officer: Contributory Health Service Scheme (CHSS) of the Department of Space APEP-ISRO Aluva Indian Space Research Organization-ISRO- since 2001
- Dr. Lathika PK, an alumna of Vaidyaratnam Ayurveda College, was 1989 batch passout.
- She joined as Medical Officer at the prestigious institution KAPL-Kerala Ayurveda Pharmaceuticals Ltd (presently known as Kerala Ayurveda Ltd). And continued in the institution till 2004, as the Chief Medical Officer of KAPL Ayurveda Hospital.
- She is the AMAI State Committee Member from Ernakulam district.
- First State Convenor and founder member of AMAI Vanitha Sub Committee.
- Winner of AMAI-Arya Aushadhi Bhishak Praveen Award 2019, considering her vast knowledge, experience and achievements.
- Dr. Lathika PK apart from being a learned academician and astute practitioner, is a sought after teacher and public speaker.
- She has been the faculty in many CMEs conducted by AMAI and other institutions. She is a regular speaker in Kochi FM, Kerala Vision TV, Kairali TV, Jeevan TV, Indiavision and other popular audio-visual media.

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Ms.Manisha Soni

A skilled and experienced Hatha Yoga practitioner with an experience of over fourteen years behind her. As an instructor she carries passion for Yoga in her core. She is adept at building effective relationships with her students. Hard work, discipline, dedication and supportive towards her craft are her strengths. It remains her mission to improve the lives of her students and spread positive messages on traditional Yoga. She strives to see that the benefits of Yoga may be received by as many individuals as possible.

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Ms.Brindha Parameswaran

I'm a Gold Medallist and All India First Rank Holder in Library Science. I did Yoga trainer course at Vyas Yoga University, Bangalore. When I could bring back a student suffering from depression to normal life within 3 months , I changed my profession to Yoga .For the last 6 years I'm a Yoga trainer and Stress Management trainer with clients across the globe , focussing more on Mental issues .I did my M.Sc Yoga from Tamil Nadu Physical Education and Sports University. I did my M.Sc. Psychology from Bharathiar University . Owns Brindha's Kayakalpa Yoga and Wellness Studio , Ernakulam. Am a master practitioner of NLP , Weight loss Coach , Meditation trainer , Stress Management trainer, Yoga trainer , Beauty Pageant trainer.

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<https://youtu.be/QF9Hh6kcRAQ>



Dr. Aryamithra

Her career objective is to work in a challenging environment where professionalism and enthusiasm is recognised and emerge as an innovation in the world of Ayurveda. After completing Master of Surgery in Ayurveda (M.S Ayurveda), Dr. Aryamithra started practising Marmasastra for 2 years and later she started her own hospital named AYURDARSAN in 2017 with an IP of 15 beds.

Dr. Aryamithra extends her proficiency by developing a treatment protocol and exclusive medicines for Varicose vein/ulcer, Migraine and Disc problems. She is an active member of Ayurveda Medical Association of India (AMAI) from the year of 2016 and actively involved in many educational / internship programs with strong ability in conceiving and implementing the vision. In the year 2019- 2020 she was selected as the Vice president of AMAI Vatakara chapter, Calicut District. For the contributions to the healthcare industry by innovating increased efficiency and improved performance, Dr. Aryamithra was awarded 'Sakalya Award 2019 - 2020' for the best talented young entrepreneur by AMAI. Dr. Aryamithra runs a YouTube channel to educate and aware people about Ayurveda healing, natural and home remedies and to promote soulful living through eternal wisdom of Ayurveda..

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Dr.Jintu Jose

- ❖ Completed BAMS in the year 2018 from Govt. Ayurveda College , Tripunithura
- ❖ Done Course in Smriti Meditation from Kottakkal Ayurveda School of Excellence
- ❖ Worked as OP consultant in Kottakkal Arya Vaidhya Sala Agency at Pala for 6 months
- ❖ Worked in Vettukattil Ayurveda Hospital, Muvattupuzha as a trainee
- ❖ Working as RMO at Rasayana Ayurveda Centre, Ezhakkaranaad Kochi since 2019
- ❖ Smriti Meditation Practitioner
- ❖ Interested in Palliative care

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Dr.Jitha Parvathi

- Completed BAMS in the year 2019 from SDM College of Ayurveda and Hospital, Hassan
- Worked at Punarnava Ayurveda hospital Edapally and also at Rajagiri Punarnava Ayurveda as junior physician.
- Worked at Parathuvayalil Ayurvedic hospital and orthoclare center as trainee.
- Working as OP consultant at Vaidyaratnam Oushadhashala agency in Chandrodaya Ayurveda clinic.

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Dr. Heera Lakshmi

An aspiring Ayurvedic Medical Practitioner with experience in Ayurveda ophthalmology and general medicine and an experience of 4 years .

Dr. Heera had started her career in Sreedhareeyam Ayurveda Koothatukulam . She later shifted to Punarnava Ayurveda Hospital, Cochin. In the times spent at the two hospitals she was able to extend her contribution not only in her respective medical domain but was also actively involved in general hospital administration matters such as MEDIF and NABH accreditation.

Currently she is pursuing her PG Diploma in Medical Insurance from a reputed institute.

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Dr.Radhika Menon

Dr.Radhika Menon did her BAMS from Rajeev Gandhi University ,Bangalore in 2006.

Did her training under the guidance of her father P.K.Sankarankutty Vaidyar,Ragasamharini Vaidyasala.Had stints in Kumarakom lake resorts and Kandamkulathy.

Currently the managing director of Raksha Ayurveda in kochi,since 2015.

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Dr. Lakshmi Lal

- Completed BAMS from SDM College of Ayurveda and Hospital, Hassan (2010-2016)
- Worked at Vasudeva Vilasam Herbal Remedies Pvt. Ltd. Trivandrum as Production controller (2016-2018)
- Currently pursuing MD Manasa Roga from SDM Hassan (Final Year)

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Dr. Shanthi Ganga

- Completed in the year 2010 from Parassinikadavu Ayurveda Medical College, Kannur.
- Chairman @ Dr. Shanthi Ganga's Ayu manthra LLP
- Managing Director and Chief Physician @ Ayu:manthra , Calicut
- Chief Editor Ayu:sutras, Ayurveda magazine
- Public speaker and conducts workshops on Ayurveda and lifestyle, Menstrual hygiene and sex education talks at various institutions
- Awarded upcoming talented Ayurveda doctor by Ayurveda Medical Association of India, Kozhikode
- Young doctor Award by pensioners association of Atomic Energy , Young women in leadership Award by GMi (greater malabar initiative)
- Brand India Women in Business Award by CIMSME (confederation of Indian Micro, Small and medium Enterprises)
- Chairperson of ALL , Kozhikode chapter
- Secretary elect of Rotary club Calicut 2021-2022

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Dr.Vineetha Manoj

- Managing Director and Chief Ayurveda consultant [with 12years of clinical experience] at Emc Ayurveda healthcare, department of Ayurveda and yoga, Ernakulam medical centre, Palarivattom, kochi.
- Education qualification:Bams, MSc yoga therapy
- Pursuing PG in Agadatantra (final year)at kvg Ayurveda medical college
- Worked as Ayurveda medical officer at Employees state insurance cooperation Udyogamandal, Eloor, Ernakulam.
- Worked as RMO at Thaqdees Ayurveda hospital, Pukkattupady
- Presented several webinars for colleges and schools.
- Presented papers at international, national seminars.
- Professional trained singer and has play back for two movies. Owns a musical band named Guru music band have released songs under the same.
- Awarded with best paper presentation for national seminar Spandana.

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Dr Jeejabhai

Dr Jeejabhai, Founder Medical Director at Svasthya Ayurveda based out of Calicut, with 9 years of experience. Committed to learn, serve and contribute for Ayurveda. Holding a degree in Bachelor of Ayurvedic Medicine & Surgery (BAMS) from Calicut University. Post-graduation in yoga therapy from Tamilnadu sports university. Fellowship in Medical Cosmetology (FMC) ILAMED, Recognized by & Affiliated to the University of Greifswald, Germany. Learning Disability from ALDI (All India Learning Disability Association) Specialized in Lifestyle modification Gynecological disorders Clinical cosmetology & Yogic management Was the state coordinator Emergency Medical Care Technician course in ASAP (Additional Skill Acquisition Programme) by Kerala Govt: Served as Medical Officer at “Ayur yoga” project by Kozhikode Jilla Panchayath. Mentor at “Nalla arivu koottam” project by Jilla Panchayath where given training on food and lifestyle for various schools Trainer at various schools on Adolescent care and menstrual awareness. Empaneled trainer at Regional Staff Training Institute of Canara Bank.

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Dr.Ligy Chungath

- Dr.Ligy Chungath is running her own Ayurveda Hospital which is at Anakkara, near Kattapana, Idukki.
- Done Diploma in counselling from MG University, Kottayam
- Is an Ayurvedic practioner, Entrepreneur, JCI trainer and doing counselling sessions.

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Dr. AMRUTHA RAVI

- Currently working as Chief consulting physician at She Veda- The ladies only Ayurvedic Slimming centre, Ernakulam.
- 3 year Experience as consulting physician at Thekkini Krupa Ayurkendra, Kothamangalam.
- Rural Posting of 2 months at Govt.Ayurveda Hospital,Piravom.
- Have done internship at National Research Institute of Panchakarma'(Cheruthuruthy)
- BAMS Graduate from Nangelil Ayurveda Medical College , Kothamangalam.(2013 batch)

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Dr.Divya C S

Dr.Divya C S completed her BAMS from Sree Jayendra Saraswathi Ayurveda College, Chennai after which she pursued her Diploma in Clinical Research and Clinical Data management (Pune University) from T.John's college,Bangalore. She did her Post Graduation in Prasoothi Tantra and Stree roga from the prestigious SDM college of Ayurveda ,Udupi and did her Thesis on Garbini Rasayana under the guidance of Dr.Mamatha (currently the HOD and Medical Superintendent, SDM College and Hospital, Udupi). She also pursued her Hata yoga Teacher's training course(yoga Shiromani) from Shivanada Ashram,Netala, Himalayas .Also completed Fellowship in Medical cosmetology from Ilamed (Institute of Lazer and Aesthetic Medicine, Bangalore).She has a working experience of 8 years of teaching and clinical practice ,initially worked as Assistant Professor at PNNM Ayurveda College Cheruthuruthy and Presently Associate Professor and HOD in the department of Prasoothi Tantra at Santhigiri Ayurveda College Palakkad. She has her own private practice at Ayurmithra Healing Clinic, Parli Palakkad where she runs a speciality clinic in Gynaecology and cosmetology.

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Dr. Surabhi M

- Completed BAMS from SDM College of Ayurveda and Hospital, Hassan (2010-2016)
- Completed Cosmetology Course from District Ayurveda Hospital, Kannur
- Currently pursuing MD Dravya Guna from SDM Hassan (Final Year)

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